

# Fitness Classes - Seneca@York

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## YORK FITNESS CLASS SCHEDULE July 3-August 7, 2025

THURSDAY
<b>Afro Dance</b> 4:30 PM - 5:30 PM

**Afro Dance:** This class is open to dancers and individuals of all levels and cultures and is the perfect opportunity to learn and improve your skills in this exciting dance style. You will learn basic Afro dance steps, traditional Afro beats moves, as well as choreography. We will be learning Azonto, Dancehall, Afrobeat and Amapiano. All levels welcome.

Register to reserve a spot via the Seneca Recreation portal.  
Registration opens 10 days before class. Drop ins welcome.  
Check-in required when you attend class.



Studio reserved for class participants 5 minutes before and after the scheduled times above.



tags : recreation